

Marinated orange Duck or Chicken

SIMPLE RECIPE

Ingredients

Base

- 3 Kaffir Limes
- 1 tbsp of clear honey
- Zest of orange & 2x Oranges
- 1 tbsp of Tamari sauce
- 1/4 tsp five spice powder
- 4 duck breasts or chicken without skin
- 4 fresh figs (optional garnish)

Directions

1. Put the kaffir lime leaves in a blender and cover with 4 tbsp of boiling water (leave to infuse).
 2. Add the honey and the orange, tamari sauce, five spice powder and blend well.
 3. Marinate the chicken or duck in a bowl for 30 mins.
 4. Brown the chicken or duck then add the rest of the marinade to the shallow pan and simmer for 20 mins.
- You can serve with salad vegetables etc.

Notes

Enjoyed best when shared



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